

The Secret of Happy Life

by
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I N D E X

Sr.	Topic	Page No.
	Preface	3
	Introduction	4
1.	Desired breeding and enjoyment of life	5
2.	Importance of Guru	19
3.	Secret of Karma Gati	25
4.	What is human life ?	30
5.	Naam-Daan	33
6.	Human Religion	35

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Preface.....

After wandering here and there in the matter of religion when I came in contact with His Holiness Captain Lal Chand I felt that people are very far from the real element (tatva). It was my heroic past that I came in contact with great personality and was able to understand this secret. Impressed by his real and true knowledge I requested H/H to write on this topic. He had no desire to write a book on religion and to expose himself. But at last he accepted my repeatedly request and now it is a matter of great pleasure that this book is in your hands. I am grateful to H/H. I hope that this book will remove your doubts and confusions about the religion and your life will be happy.

I would like to thank the gentlemen Esq.. J.C. Gupta, Miss Veena D/o Sh. J.C. Gupta, (west Bromwich U.K.) and S. Eng. Esq. Zile Singh for their contribution in printing this book.

- Dr. Kamla

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Introduction.....

The purpose of writing the present book '**The Secret of Happy Life**' is that I was sitting with my Guru H/H Pt. Faqir Chand Ji Maharaj and I was serving him physically. H/H told me that, that was not the real service which I was doing to him. Naturally I asked him then what is the real service. H/H told me that now a days mankind is very miserable. The knowledge which I impart in my 'satsangs' - you are to expand this knowledge to mankind so that mankind can get real happiness and prosperity. At that time I couldn't understand but very soon I realised it and I have been imparting this knowledge since 1962 in my 'satsangs'. There is no record of these 'satsangs' but when Dr. Kamla came in contact with me she felt the necessity of recording these 'satsangs' and told me to write my experiences so that people and coming generation can get benefit.

Now my purpose is that people know about the breeding and they can come out of the doubts and confusions and understand the religion. My Guruji Pt. Faqir Chand Ji Maharaj has unveiled these secrets and the same things I am repeating. Dr. Kamla made me write this book. She very much desired to get these ideas in written form.

- Captain Lal Chand



Suitable Offspring Breeding & Enjoyment of Life

*“Gurur Brahma Gurur Vishnu Gururdev Maheshwar
Guru Sakshat Parbrahma Tasmai Shri Gurve Namah”*

*“Guru par dulun tan-man vaar,
Guru par jaun main balihar.”*

It is the age of Science and Intelligence. Man has progressed in every field of life. As far as we study minutely, the human beings today look restless, anxious and sad. Besides progress, today man is not satisfied. This is common from a labourer to the president. We can realise this fact that in spite of all the possible facilities of life we are sad and anxious. Today scientists think of the ways of increasing production of grain, vegetables, milk and fruits. We have invented the ways of controlling the epidemics but we have forgotten how to breed good off-spring of human beings. Secondly we have not understood the religion properly. So we are divided into many sections and communities. I have realised that there is only one religion of human-beings. Almighty God is one. The Hindu, the Muslim, the Sikh, the Jain and all merge in one God. And

so is the soul. There is no difference among a Hindu soul and Muslim soul. Today the world has become a cyber-village. In my opinion there is only one religion and that is Religion of Humanity.

By a sheer mistake man is ignorant of good breeding. He has not concentrated on this issue - how to reproduce good off-springs that can live with happiness, love, affection and ecstasy. Our ancient Muni Manu Maharaj has thrown light on this topic. But we have forgotten his works because it is an age of science and intelligence.

This world is made of intensions, and desires. There runs the English adage - ‘As you sow, so shall you reap’. A man becomes just what he thinks. In wide sense we get only that crop which we sowed in the ground. We cannot get mangoes by sowing Acacia. Man does not know what power is hidden behind his thoughts or intensions. Now I want to tell you a very secret thing, try to understand it.

How to reproduce good off-spring ?

Today man is not satisfied with his off-spring and reason behind it is that we do not know how to reproduce a good off-spring. If men and women intercourse with a keen desire to reproduce a good off-spring they can reproduce good off-spring. But today man and woman do not know this fact. They intercourse only for sexual enjoyment and we can not expect happiness from such children. Just after marriage they do not want to reproduce

children because they indulge only in sexual enjoyment. Animals also have rules and regulations of sex but man has broken all the laws.

If man and woman desire to bring out good children they can think on this matter and pray the almighty God for such children who can make the world happy. If they intercourse with a keen desire of good children then they can reproduce the ablest and most intelligent children who will be beneficial to mankind. A common man cannot impart happiness to mankind so God himself will emerge as a scientist or as a prophet or as a doctor or as a great spiritual leader and he will impart a great happiness to mankind. All the doctors, scientists, prophets and spiritual leaders have been born by the mothers. But their mothers desired so.

If today youngmen and women understand this fact they can turn this earth into a paradise. I have experienced this truth in my life that mothers can reproduce a good generation and desired children. If mothers know this fact they can reproduce the ablest, obedient and happiness - imparting children. The main issue is thought and desire. The Principle issue is desire.

A child begins to learn when he is in womb. The thoughts of mother at this time, will reveal the children. If a pregnant woman indulges in sex, the child will be sexy-before his youth. So beware ladies - If you want to reproduce a characterful child, do not intercourse when you are pregnant. What a pregnant mother does or thinks, that will be the 'sanskaras' of the child. If mother likes

cleanliness, the child will also like cleanliness. If mother gets angry, the child will get angry. If mother quarrels, the child will quarrel. If mother watches T.V. and gets 'sanskaras', the child will get those 'sanskaras' naturally. This is the game of 'sanskaras'. What a pregnant woman sees, listens, thinks or does, that will be the 'sanskaras' of the child. If a pregnant woman is disobedient, the child will be disobedient and we should not hope obedience from such a child. Perhaps you have got my ideas that whatever we do, will reflect in our child. The mothers can make this earth a paradise by reproducing the ablest children. The political leaders, the religious leaders, the social reformers can not improve the world. Only the mothers can do this. If they are given the idea-how to reproduce a lovely, characterful and pleasure-giving child. In English upmire Indians were very miserable. The intelligent people sacrificed for freedom but the English were powerful and Indians were divided in communities. Indians were not united so they were far from freedom. Then mothers reproduced the children with the intention / desire of freedom. You know these heroes like Lala Lajpat Rai, Shaheed Bhagat Singh, Subhash Chandra Bose, J.L. Nehru and M.K. Gandhi. All these were reproduced by mothers. So it is the need of the day that mothers should reproduce the children with desire of social, religious reforms. So the world and country can be reformed.

I am a yogi of spiritualism (tatva gyan). My guru Pt. Faqir Chand Ji Maharaj was a great man. He researched on the issue of religion and revealed the secrets. Anyone who has

read his literature knows this fact.

The ideas which I reflected on reproducing good children are the same of my Maharaj Ji's. I'm writing these ideas on the basis of my experience. I give satsangs. Almost disciples of all the gurus come in my satsangs. After listening satsangs they express their faith in me. They are helped by me in their waking up stage or in yoga. When a person gets concentration, he is helped by his guru. But I go nowhere and I don't know about this help. I'm not talking of a particular person but a great deal of.

Now the question raises that people say about help but I don't know about this. Then what's the secret ? The Devi disciples say that Devi Came, Ram disciples say that Ram came, Guru Disciples say that Guru came. The real thing which I experienced is that every person has a great power in his mind. When he desires for something and concentrates, then he is enlightened. This world is of desires. My disciples think me a miracle - imparting saint. But the real power is in their minds. I know that I don't possess any special power. But by ignorance he thinks that this power is imposed by the guru. So I have told you how to generate good breeding.

Why I'm describing this. When I deliver satsangs, my beloved disciples put this problem before me. They say that the children do not obey them and they are getting characterless. But at that time I have shortage of time to explain this to them. The

children are not guilty. When the child was in womb, whatever mother did or thought that is reflected in her child.

Next, children receives sanskaras from his company. Now-a-days children watch T.V. whatever they watch on the screen, they are motivated or get sanskaras from that. There are a lot of examples of desired children. But the man of today wants proof. When Akbar, the great was in his mother's womb, Shershah Soori drove Humayun into the jungle. One day Akbar's mother was drawing a map on the ground then Humayun asked her what she was doing. She described that she was making a map of kingdom of which her son would be the ruler. Such examples can be seen in history or in Shastras. This is an old example and today man wants current example.

Such other examples are there in my experience. I would like to quote my Guruji's example. My Guru's father was a constable in Railways. Guruji's mother desired that her son would adapt those signal flags and visit in trains when my Guruji grew up he became a station-master and his brother was the chief manager of traffic in Railways. They both wandered in trains. This means that whatever the mother desired before generating children, so were the children. So it is a hard truth that whatever mother thinks, she gets the same kind of children.

Now comes the matter of figure. When mother baths after M.C. period, whatever picture she sees, is fixed in her mind. If she gets pregnant at that time, the figure of child will be the same.

So we keep the pictures of Gurus, Gods in our homes. Sometime ago there was a news in papers that an English couple got a Negro child. The husband filed a case in court that the child was not his. When D.N.A. test was done it was proved that the child was his. The judge was in a fix. He wished to see the home of the couple. When the judge entered in the home he saw a big portrait of a Negro-player. The judge asked why that picture was there. The lady said that he was a good player and she was his admirer.

The second example is of my Guruji. All their children are fair complexioned but one boy who is an engineer is of dark complexion. My guru says that he sent a servant to his home to bring the keys. My Gurumata was coming out of bathroom after M.C. bath and she got the glimpse of that dark complexion servant. So the child was dark. Get my point and let mothers know that they can generate the children according to their desire.

The next point is that do not intercourse for enjoyment. Intercourse only for children. You will die within the time but you won't, get diseases even in your old age. 'Brahmcharya' is life. If we digest our one day's food, one drop of blood is formed. Forty drops of blood form one drop of energy. Forty drops of energy form a drop of Semen (Veerya). And by this Semen child is formed. The man who destroys this Semen for enjoyment will be weak and get angry very soon. He will be irritated. He can not enjoy life and gets diseases. Fear, anxiety increase in him.

The zest, vigour lack in him. This is for husband and wife that they must have limitation of sex. But today man is blind

towards sex. He is misguided that the enjoyment is only in sex. There are other reasons for this unrest but the major reason is this that he destroys semen just for taste.

Man can get physical health, mental happiness, ecstasy and spiritual enjoyment only by mental and physical chastity. If a man does not intercourse but sees the vulgar and naked pictures, then he will have night falls and thus semen is destroyed. Today mankind is fermented by worries, griefs - all these are created by the fall of chastity. Sex is very pious as we reproduce a similar creature but if we indulge in it just for enjoyment, that will cause despair, unhappiness, dissatisfaction, and blanks in life.

Human life begins with the meeting of husband and wife. If they live in complete happiness and adjustment, the children will also be the same. This love can be maintained only when they know the sex-restrictions. Before reproducing babies we must learn what kind of children we need. When wife is pregnant, the husband and wife must have good ideas. Then the environment and the behavior must be just. The child in womb must get good sanskaras. This is the base of life. Next we must control external sanskaras. We must know the company of children. If children will watch T.V. in excess and see the dance programmes more, they will get sexual before time. As Kabir Sahab has written :

*"Daya rakh dharam ko pale, jag se rahe udasi,
Sat naam tahi ko mil hi, kahe Kabir avinashi."*

This means that man gets a chance of kindness in

household stage (gristha avastha). If children make mistake they should be generous. They should not beat the children or use foul language. They should not misbehave the old-parents in the house and behave them with kindness. But usually we see that parents beat their children in anger. Husbands beat their wives and say hardwords to the old. By this conduct the sufferer gets sad and they curse the misbehavers. There comes economic crisis, illness, mental tension, fear and they have to face many problems. I mean to say that we must preserve our chastity and behave properly with our fellows or dependents. The behavior which we do not deserve, must not be done to any one. This is my personal experience and I have lived this life. The great men have said this like :-

*“Jahan sumti tahan sampati nana,
Jahan Kumti tahan vipati nadana”.*

It means that where is understanding, love and just behavior, there is nothing lacking. But if the members are misunderstood and confused there will be worries and difficulties.

The parents' only work is not to reproduce the babies. This is their moral duty to make children characterful and sanskarvan. If the parents are sexual and fond of dance and music then how can we blame the children. I have tried to make you understand one thing from beginning and it is that - this world is of desire. According to one's desire one can live here just as in paradise. The thing which you desire from true mind, that you will get here.

Man's life is a natural Radio station. Whatever he thinks he broadcasts the ideas. Science defines it as the 'Law of Radiations'. The doctors cure the disease but it is the doctors who invite the diseases. It is so because it is their business. They desire that men may fall ill and come to them for treatment. This is micro-philosophy and common man does not know this. The doctors learn about the anatomy and they diagnose the diseases and cure them. But they do not know about the mind and soul.

Now I am going to write about soul and mind. Whatever man thinks, those ideas are broadcast in the sky. So it is said that we should live a pious life by mind, ideas and work. Man does not know this. His ideas are polluted. The total game is of desires. We make our lives practically good then there will reign joy and ecstasy in our life. So the great men emphasized on good ideas. This is the mantra of 'shivasamkalpmastu'. The gain or loss all are by our thoughts. So we must be optimist in life. So our life may be happy, gaining and beautiful. Never to be pessimist. Hope is life and despair is death. Whenever we perform a work and if the results are not desired, we must think it in our favour. Or we must think whatever God does is the best. This is called the 'Karma' philosophy. We do not know about it and get sad or happy. Our good 'Karmas' bring happiness and bad-sadness. We should not do such a work which bothers our relatives or friends. We should speak gently to our fellow men. The person who performs good deeds gets good results. As it is mentioned in Radhaswami Vani :

*“Karma jo jo Karega tu,
Wohi phir Bhogna Bharna”*

OR

“As you sow, so shall you reap.”

This means that whatever we shall sow that will have to be reaped. If we sow acacia how can we get mangoes. Actually man does not know about happiness - sad ness, loss-profit, etc.

As I have already mentioned about the desired children. This is ‘Karma’ philosophy. If a man’s destiny is not good he can improve it by his desires and deeds. If a man lacks wealth, children, house or worldly materials he can seek these from Almighty God by optimism. You can get whatever you want by hard work or labour. This is my experience. You can get the desired object by your strong desire. As it is said :

*“Saien ke darbar mein, kami kahu ki nahin
Banda mauj na pavhi, chook chakri mahi.”*

OR

*“God’s door is always open but men do not know how
to pray ?”*

*“Faiz Ka dar hai khula band nahin hargiz
Shart yeh hai koi mangne sayal aaye.”*

In the above couplet the word ‘Chakri’ means - desire and ‘sayal’ means - beggar. This is said by greatmen secretly. But

today man can’t understand these typical puzzles. So I have tried to make you understand this matter of desire. I myself adopted good sanskaras from my Guru H/H Pt. Faqir Chand Ji Maharaj and led a life of enjoyment and ecstasy. Now my age is 82 years and I am living a life of satisfaction and contentment.

My disciples practically see me in their meditation and complete their needs. But I know nothing about it. Who helps them in their critical time ? It is their faith or hope. Their minds adopt my form and help them. When I do not go for their help then how can gods, goddesses, or ghosts help them. This is a great confusion to mankind and we have formed so many communities and castes. All men’s religion is one. All are one God’s children. Confusions and ignorance have divided us into communities and castes.

Whatever I have told you, if all dharmagurus (clergymen) tell it to you, your confusions and misguidance can be removed. The difference between men and races can be removed. Dharma is nothing but the faith. Wherever we have faith that reflects in our ideas and helps us in our troubles. No Rama, Krishna, God, goddess come to help you except your belief and faith. This is a secret. No guru has revealed it. Today we need proof. We do not believe in old stories. This is the theory of my Guru Ji. This literature is enriched with truth.

Now comes the turn of saints who have established great Aashrams and have a great sum of disciples. They do not reveal

the truth. Either they have knowledge in this respect or they have a good 'karmas' of the past life that they are being worshipped. And if they know the truth, they intentionally do not reveal the truth. There are certain reasons for this. By revealing the truth they won't get any wealth or other presents from their disciples. The donations are given blindly and in ignorance. If truth is revealed then there won't be such crowd in the aashrams. The God to which you are searching in temples, mosques, gurudwaras, or in churches is always with you. If you know this, the aashrams will be empty. Salvation seekers will be out of the range of Gurus. When he will have all the desires or ideas, he will enter in light and sound and get salvation. I am not opposing the aashrams. Schools and colleges are necessary for education. But if they do not give certificates then they are useless. I mean to say that gurus must guide the disciples to salvation and tell them the ways. Without Gurus how shall we get the ways and salvation ? So aashrams are useful for our upliftment.

Now-a-days we see that doctors, teachers and gurus have become selfish. There is weakness. Whenever we get ill, the doctor cures us. When we want our children educated, we shall need teachers. Whenever man will feel restlessness he will have to go to the Guru. Everyman has some or other weakness. He improves whenever he feels his weakness. Today the world has become a global village. You have read the story of American President in newspapers (Clinton-Monika affair). In Rajasthan you have read

about a Jain Muni. There are weaknesses. But this is not a new thing. We have get civilized so we do not live such stuff.

In past we can see the character of Lord Krishna from Childhood to the end. This is a natural game. We have come here to perform our part on the stage of life. The life is a large drama. We are acting our part in family as a son, father, sister, brother, husband or as a wife. But nature is important. Whatever our nature is, we will act accordingly. If we understand this, there will be no complain. The purpose of human life is to know himself and from where has he come and where will he go. This is the highest and best knowledge. I want to tell you a lot but the chapter will be lengthy and it will take a lot of time. We lack time the most.





Importance of Guru (His Holliness)

I witness the event of my own life. I came in contact with Pt. Faqir Chand Ji Maharaj, in 1956 by the effect of my spiritual 'sanskaras'. I intended to meditate and enjoy the heavenly bliss. I was a Subedar in Military at that time. I was recruited in the military during the II world war and was promoted to this post. So I lacked nothing in life and I was satisfied.

I realised this spiritual feeling on the first day and my Guruji made me satisfied that this is the Bhajan. This is called 'Naam', 'Raam Naam' or 'Radhaswami'. Whenever you get time realise it within yourself. You will reach your destination. Today the saints try too much to come to this stage.

Dear readers, Realising this truth since 1956, now am 82 years old. I served Indian Military for 36 years and went to abroad. I participated in the wars from II World War to 1971. I lacked nothing in my life so far. I lived my life with a vigour, zest and enjoyment with the help of 'satnaam' or 'nijnaam'. My experience differs from the saints of the day. They say that this world is of misery. I realised that the Almighty has created this world or 'Lok'. Whatever God creates is good and beautiful. The happiness & sadness is the result of our 'Karma'. The heaven which is described in 'Dharma', I practically enjoy it here and now. Heaven means

- happiness and hell means - sadness. Happiness and sadness are formed by 'Karmas' and 'Karmas' are formed by desires or determinations. These ideas are adapted from his pregnancy period to the last stage whatever he sees, listens, reads or realises become his 'karmas'. In due course of time and by the effect of planets these 'sanskaras' are revealed. Man thinks these 'sanskaras' true and gets happy and sad. This a big net and it is called 'maya'. The forms which appear before us are called 'Chhaya'. This is the effect of good or bad ideas.

By Guru's grace I realised this secret very early. By this meditation my mind and body were united and enjoyed the enjoyment, happiness and peace naturally. By body, mind, ideas and 'karma' I was determined. Sometimes I lost this control and I came at lower-stages. I got the higher satsangs so I am merged in that Shabda (sound) and I get consciousness the sooner.

When I come to lower stage I do not regret because I know the secret and also know that this is the mercy of my Guru. Man has nothing to do with it. In, Guru-vani it is said :-

*"Kare-Karave aap hi aap
Manush ke nahi kuchh bhi hath."*

This means that man gets whatever he desires or wishes - where his wit does not work, he surrenders it to God. This is a great secret. Man can't know about the creation of God. Whatever he has learned by efforts he brought it on the papers. This is my belief.

Our hermits have written what they experienced or discovered. Their research is before us, but today the gurus have

collected large crowds and they are telling the same things of our great saints. They are telling nothing of their own. The spiritual knowledge is natural science and this is a subject of self-realization. This can't be explained by the books written by others. This is not a story telling business but a matter of self experience. Story telling is not a bad thing. By stories we can get good 'sanskaras'. But these great saints have misunderstood that stories are knowledge. This is sheer confusion. Religion changes with the passing time. This means the God or soul do not change but the patterns and ways to find him change with decaying time.

In satsangs it is clearly seen that there is repeated story. This time is of intelligence and science. The intelligent man wants a new research in religion. And this research can be felt by self realization.

My life in this world passed like a splendid festival. From beginning to now in my eighties enjoying the latest facilities I lacked nothing. In family and out where I lived I spent life in happiness, zest, love. Mostly today he is not satisfied with his economic condition but I never felt this problem. This does not mean that I am a millionaire and I hold big accounts in banks. But I have met my requirements and enjoyed life.

I today desire for nothing. I am not saying by ego. Upto 80-85 percent I have lived in complete peace. As it is said :

*"Sada diwali sadh ki aur
aathon pahar anand."*

I feel spiritual experiences naturally. I do not talk about tomorrow or of death time. My experience of spiritualism since 1956 has been of inner Shabda or sound. This is called 'naam'.

The soul's journey to its eternal home is the most natural thing to me. Those who maintain their chastity, can realise the inner-light and get eternal-pleasure. I am not criticising anyone because I know the secret. Kabir sahab has written.

*"Sadh hamare sabhi bhale-apni-2 thor shabda viveki
parkhi, sab mein hain sirmaur."*

I neither sit isolated for this meditation nor I need special pose. I never try hard for it. I realise and listen this shabda naturally. My soul (Surat) is drawn upwards and a great enjoyment reigns in life. As kabir sahab has written :-

*"Sahje hi dhun not hai, hardum ghat ke mahi,
Surat-Shabda mela bhaya, mukh ki haajat nahi."*

The state of mediation resembles with that of Kabir Sahab's :-

"Santon sahaj samadhi bhali."

1. Guru pratap bhayo ja din se, Surat na ant chali Grih udyan ek saman dekhu, bhav mita doon duja.....
2. Jahan-2 Jauen, Karu parikrma, khaun piun so pooja jab soun tab karu dandvat pooju aur na deva.....
3. Aankh na mundu kan na rundhu, kaya kasht na dharu khule nayan se hans-2 dekhu, sunder roop niharu.....
4. Shabda nirantar manva rata, malin vasna tyagi uthat baithat kabhu na visre, aisi tadi lagi.....
5. Sukh-dukh se ek pare param pad, tehi sukh raha smai kahe Kabir yeh unmun rahni, so pargat kar gai.....

This all means that meditation is totally a naturally process. I would also like to tell you that in past people or great saints went to forests for meditation. But this is not a necessary form and norm. I did not do such any thing. In past there are such examples that Gurus or prophets got this meditation naturally - grazing cattles, weaving clothes, repairing shoes on sitting on the thrones. As I have above mentioned that this is a completely a natural process. This sainthood or Faqirhood is the yoga of mind. A man can live a life of saint as a labourer or as a president.

Vareshah of Punjab learnt this fact living as a peasant and king Janak learnt this on sitting the throne. So a saint is not recognised by his disciples or by his vast aashrams. This is the result of good 'karmas'. Some are worshipped as king, some as wealthy persons. Saints maintain their situations and they are not affected by 'kaal' and 'maya'. He accepts the loss-profit, life-death equally. Saints do not have horns or some special dresses. As Kabir sahab has written :-

“Kya mala mudra ke pahne, chandan ghise lalara mund mundaee, sir jata rakhae, Ang lagae chhara Kya Puja pahan ki kije, jo nahin tatva vichra.”

This means that uniforms have no significance for saints. He is pleased in the pleasure of the lord. This stage is called life-free stage. He realises the stage of Salvation in this living stage. Nobody has come after death to tell us about his experiences after death. If anyone dreams that dream can't be true. These ideas are only reflected by our mind according to our 'sanskaras'. These are not true. The disciples who have faith in me tell that you came in our reflection or mind. But I even do not know who meditates

on me. Then it means that when a living man doesn't go how gods, goddesses, gurus come after death. So gentlemen this is only your faith. This power is only in believer. This is my experience only, may it be false. I do not claim what I realised, is truth.





Secret of 'Karma-Gati'

The great men have told three kinds of 'Karmas' namely - Sanchit, Prarabdh and Kriyman. Sanchit karmas are those which we have in our inheritance. These karmas are credited in our account. These are called 'Sanchit'. Prarabdh karmas are those we suffer in our present life by body and mind. This life is to suffer by the prarabdh. When he suffers all these karmas he leaves the world and decays whatever his or her age may be. The third kind is kriyman karmas. Some of these we suffer with Prarabdh and some of these are credited with sanchit karmas.

If one accompanies a great saint or guru he may escape from the kriyman by yoga. As krishna has told Arjuna in Geeta that you perform your duty without caring the result. The method mentioned in this epic is that you do all your work dedicated to God. The other way is that you do not mind the result or fruit. By this process we can escape by Kriyman Karmas. If a person is enlightened by satsangs he can come to consciousness and he can wash out all the karmas of past lives. He will not have to be reborn here. He will get the ultimate peace, the salvation.

What are my experiences in this respect ? Since 1956 I am in touch of that Surat, shabda - day and night. Sometimes I come to lower-stage but I get control over myself and become

conscious again. If I will be conscious at death time I won't come back on this planet - the earth. And if died in unconsciousness I can't say anything. But I have double profit. If I come back in this world I shall feel happiness because I have lived a life of ecstasy, enjoyment and love. I have lived a long life of 82 years as below :-

"Sada diwali sadh ki aur aathon pahar anand."

The heaven which is explained in shashtras, I have practically lived it here on this earth. Secondly it was the order of my Guru to impart this knowledge to human beings. Now I am being invited from Australia and England to impart this knowledge to them. But now I have no time and age to go these remote lands and island. Upto now India is remained to impart this knowledge. If I am sent back on this earth I shall thank my Guru. I have enjoyed the heavenly bliss. Nothing lacked here for me - health, happiness, wealth, dignity. I realised life as heavenly and enjoyed every moment. I am happy with the desire of my Guru. May he impart me salvation or send back. As it is said :-

*"Zidhar dekhta hun Udhar tu hi tu hai,
Har shai mein jalwa tera hubhu hai."*

I feel no difference here and there. Here I am playing the game by his mercy and there is complete silence. When surat mingles with shabda then they are one and united. When drop mixes with the ocean what remains. Then what to write and to whom ? The person who goes from here once never returns and tells us about there. Man is playing the game of his sanskaras from womb to tomb.

Truth is a realisation which can't be written or told. Whatever is written or told can not be truth. Those who want to know truth must realise it. When we taste sugar then there is no need to tell the taste of sugar. I mean to say that truth once realised needn't to be told or expressed. Books do not contain wholesome knowledge. By reading books we won't be able to differentiate. Good books give us good sanskaras. If only books could impart salvation, then millions of people enchant Ramayan, Mahabharata, Bible, Quran but still they are sad and unhappy. For happiness and ecstasy we need Guru. The great men in past had gurus and in future there will be gurus.

I have learnt in this respect to pass a happy life that my life is a result of 'karmas' only. Whatever I enjoyed a common man can't enjoy. Every man has good or bad karmas. So every man is encouraged by God. As it is said-

"Himmate mard aur madte khuda."

It means that we must have courage facing our karmas. He will be helped by his Guru or God whichever he believes. So I have emphasized specially on the desires in my books. Because I know when our bad karmas come to us our ideas can't be good. So we must have patience and courage.

If a man listens four or five satsangs attentively he must make a Guru. Nobody has seen God upto now because God is in every particle of the creation. So we must think Guru as God and listen him attentively and watch him. This is the easy way to live a happy life. By this our bad karmas will be cut easily. By this we get two-way profit- one the Guru will be a great help for us. Second whatever we shall do in the name of God, God

will help us. His bad karmas will be cut easily. By yoga we shall learn to remember god and keep him in mind. We should not be blind-follower but we must have faith in him. Take your Guru as Almighty God. Whatever desire you will have in your mind, that will be fulfilled. Besides we must serve and obey our elders at home and maintain the peace. We are house-holders. Our religion is somewhat different from that of hermits. Ramayan says :-

*"Sath Sudhar hi satsangati paye
Paras paras kughat suhaye."*

It means that the fool also become wise by keeping the company of wise. As iron becomes gold in company of 'paras'. So we can improve our life by the company of the great men. As it is said :-

*"Guru par dalun tan-man vaar,
Guru per jauen main balihaar."*

So dear gentlemen, I knew nothing about religion and I did not try to gain spiritual progress. I thought my Guru H/H Pt. Faqir Chand as my saviour - the result - I knew about the spiritualism and enjoyed the reign of spiritualism. So I have told you the last sutra (key) of the spiritualism which I enjoy ever since my meeting with my Saviour.

I have also explained that people see my form in micro yoga and I help them. But I do not go anywhere to help anyone. These are their sanskaras which reflect in their minds. No outside Ram, Rahim, God, Goddess come to help them. It is only their mind. This is a secret of dharma (religion). Perhaps there was any goodness in keeping this secret by our dharmgurus. My Guru Maharaj Ji clearly said to me to reveal this truth to the world. This life

is very short. So do not make dirty your sheet of life. Kabir Sahab has said this :-

*“Na kuchh kiya na kar sake, na karne yogya sharir
Jo kuchh kiya so hari kiya, bhaye Kabir Kabir.”*

The real meaning of it was known to Kabir. What he meant we don't know. But I guess he said this thing in secret. 'Hari' has many meanings and one of them is 'mind'. So he meant to say that whatever happens with us that is according to our mind and hope. But it is credited to God.

This a micro topic. This can't be made understood by writing. This can be known with company of a great saint or Guru. To understand it, it is necessary to listen satsangs and meditate on it. This is the subject of experience. As it is said in Radhaswami vani :

*“Jab tak na dekho apne naina
Tab tak na mano Guru ke vaina.”*



What is Human Life

Every creature comes here to suffer his prarabdh sanskaras. If he had done good 'karmas' he will enjoy heavenly bliss here. If he commits bad karmas he suffers a bad destiny here. If he had done good 'karmas' he will come in contact with great saint or guru who is called a 'waqt-guru'. By His grace his confusions will be removed. As it is said :-

“Guru mile to bharm nasahi.”

Kabir writes on this topic :-

*“Sanshaya kal sharir mein jar kiye sab door,
Kaal se bache dasjan, jin par dayal huzoor.”*

Who is 'dayal huzoor' here ? A living and experienced person. He is called a veetraag purush'. He is called 'poorankaam yogi'. He destroys our all confusion and fears. We can understand the karma philosophy in company of such a great man.

By company of such a man he bewares. He does not bother anyone by his deeds, ideas and thoughts. He believes in non-violence. Then he thinks to finish his 'sanchit' karmas. Otherwise he wishes to suffer all sanchit 'karmas' in this life. Guru tells him to ward off his sanchit, prarabdh and kiryaman karmas. This knowledge is imparted only by a living guru. We need not have many gurus only one experienced guru can guide us in this sense. Whatever

we shall sow, so shall we reap. There is no matter of criticism. No body claims that whatever he/she has experienced is truth. Every man differs in experiences. The research of all is not one. Man's nature is different from one-another. In seeking God man gets confused in 'Kal', 'maya' and 'jaal' Man cannot know about the creation of God. As Nanak Sahab has written :-

*"Tumri gatmat tum hi jaani
Nanak das sada kurbani."*

It means that man is the form of God. At small scale he (man) contains whatever God has. Man encompasses the whole-world - 1. God creates, 2. God brings up, 3. God destroys. All these qualities are in man also. But God is God and man is man. By understanding this fact adapt a Guru. Then take help of yoga and this yoga or meditation is called 'naam'. The man who maintains chastity can enjoy light. 'Naam' can be got from Guru who is a experienced soul.

Now try to understand this scientifically. This body is a mixture of union of mind and soul. Soul is called surat by saints.

Man's body is made by the food which we takes. The total food is produced by the heat of earth and light of Sun.

Mentally Human life is made of Sanskaras which are adapted by reading, watching or listening. These sanskaras are rooted in him and he thinks them true. The radiation of planets reveals his sanskaras. Man on earth is also a planet because ideas are reflected by him according to his nature.

Spiritually man is the form of ecstasy. Man enjoys here eating, drinking, sleeping. All these ecstacies are of soul. Soul is so much mixed in man's body as the butter in milk.

Man is the form of Almighty God. This is called life-stream. In shashtras it is called 'Vishudh Aatma'. The saints called it 'surat'. All the pleasures, happiness and ecstasy are of soul. The light is experienced by this soul. Mind is a low stage in this respect. Let us take an example - when we are concentrated in our work and someone passes we do not have identity of that person. If someone asks about that person we are unaware. So this 'dhyana' is 'surat'.

I have tried to make you understand that human body is formed by these four elements. If any one of these extracted, he won't be complete.

Think human life just like a fish which is born in ocean, eats there, plays there and dies there. We are generated by the grace of God and live our life by that grace and at last we mingle with him. I realise that 'nijnaam'. But I can't say anything what will happen after death. Then what is human life :-

"Samjhat bane, kathan nahi aave, Man vaani alsaani."

This means that human life is made of sanskaras only. Life is the combination of impressions and suggestions. I have written this article on my personal experience only. I do not claim that it is the truth. Truth may be something else.

‘Naam - Daan’

As far as ‘naam-daan’ is concerned, my experience differs from others. Common man does not have such experience. Due to some special sanskaras. I went to H/H Pt. Faqir Chand Ji Maharaj in 1956 at his residence 18, Railway Mandi, Hosiarpur to know about spiritualism. He was sitting on his charpoy in his room. There was a marble statue of his Guru Maharaj Maharishi Shiv Vrat Lal Ji, which is established in Manav-Mandir now-a-days. He talked about ‘naam-daan’ which I don’t remember now. He told me that he carried out the orders of the saint whose statue was there. Whenever he meditated he merged in his excellency. But when I come to my senses I act as a common man. If you abuse this statue it won’t make your loss.

He asked me what I understand. I told him that I understood nothing. He again said to me that the religion is the matter of faith. I took him to God. He again meditated. I at once decided that this elderly gentleman is absolutely right. So I considered him as my Guru or God. Thinking so I sat there and meditated. I realised the great ecstasy in my forehead. I can’t explain that experience, when He again came to senses he began to smoke his clay-pipe (Hukka). Then I told Him that I enjoyed a great ecstasy in my forehead. He said that this is

the bhajan. Whatever you wanted to ask is only this thing. This is called shabda (word internal voice), dhun or naam. You will get the salvation by this naam or dhun. Since then I am realising that shabda.

But everyman has different notions on this subject. Now-a-days the disciple go to the aashrams to receive this ‘naam’ They do not have any ideas what this ‘naam’ is. They are surrounded by miseries of the world. So they seek shelters of the gurus. The gurus deliver them naam for their help. The radiations of guru comes to the disciples. Now-a-days greed has overcome these gurus. As it is said in Radhaswami vani :-

*“Lobhi Guru Lalchi Chela,
Donon nark kund mein khela.”*

When Gurus and disciples give and take naam with the sense of greed then these sanskaras will prevail. They will be far from the real knowledge. Trully speaking ‘naam’ is not describable. It can only be realised.

But I would like to thank the Gurus who make aashrams by so much hard-labour and impart ‘naam-daan’ to sad and unhappy people. If man thinks his Guru as a God and he realises the ‘naam’ he will realise the truth. But the main point is to consider Guru as God.

□□□



Human Religion

Today the world has become a global village. The followers of different religions live here together. So the ancient religions like sanatana, Arya Samaj, Hindu, Boddh, Jain, Radha-swami, Islam etc. can't be the religion of all human beings. These words are very small today. So my Guru H/H Pt. Faqir Chand Ji suggested a new word for it. God are not numerous. But he is one. So this age, seems to be the 'Religion of Humanity'. Maharish Shivvrat Lal Ji said :-

"Be man entire whole and in everything".

And Kabir Sahab wrote :-

"Nar-pashu, triya pashu, guru pashu, ved pashu, sansar, manush vohi janiye, ja mein vivek vichar."

And my experience is that :-

*"Jidhar dekhta hun, Udhar tu hi tu hai
Har shai mein zalwa tera hubahu hai."*

Today man is very ignorant in the field of religion. The disciples think their guru whole and everything we talk silly in the matter of religion. Every religion wants to establish his supremacy. There are quarrels and riots on the issue of religion in the world. As in India in Ayodhya there is dispute of Babri-Masjid and Ram Mandir. The Hindus say that - Ram is in the Ram Mandir & Mohamdans say that Allah is in Babri Masjid. How ignorant the human beings are today ! Rama and Allah are not two different aspects. They are not sitting in Ram Mandir or Babri-Masjid. They

are in the heart of every human-being. If only we get this consciousness, we will not criticize the religions :-

As it is said :-

*"Mandir todo, masjid todo,
Kyonki ye insan ne banaye hain.
Magar kisi ka dil no todo,
Kyonki ye bhagwan ne banaye hain."*

If this understanding comes to our religious leaders, political leaders and to literary persons then all the quarrels of religion may come to an end. And peace can reign in the world, My religion is ultimately a universal religion. If one listens four or five satsangs, he will be out of confusions. According to Laotse (Chinese saint) and me truth can not be explained. Whatever is written or told can't be true. To know about this truth we will have to accompany a great man a saint. We can know from where we emerged and to where we shall go. As kabir sahab has said :-

*"Kahan kahen ankahi bhali hai
Vahan to ved shashtra kachhu nahi
Vahan akath yahan katha chali hai
Kahen Kabir suno bhai sadho
Soham hansa sarvmayi hai."*

According to me knowing one-self is all and everything. Self-realization is all and everything.

Here I have tried to tell you my experiences. I have no suitable words to put my experiences before you. I do not claim that I am true. May be truth somewhat else which I couldn't understand.

"Radhaswami to all"